

FADS and FASHIONS WOMAN'S SPACE HOUSEHOLD HELPS

PUT YOUR PENNIES IN "HALF-DOLLAR VELL"



Here is a vell to fire the feminine imagination. Because the black chenille spots are the exact size of 50-cent pieces the winner in the name contest is the "Half-Dollar Vell." The foundation vell is of hexagon mesh, rather fine.

TAKE YOUR REST CURE IN TIME

"One of my pet hobbies is thinking up what I call 'unprofessional home rest cures,'" said the bright woman who is as efficient in carrying her theories into practice as she is in developing them in her mind.

"Many a sad, nervous state, many an expensive professional treatment (often ineffectual because entered upon too late) could be avoided if only just 'getting a bit overtired' were regarded as the serious initial symptoms of grave, nervous disorder and were dealt with at once with summary effectiveness.

"In the case of petty maladies which require medicine we are usually prompt in taking the medicine, but when we get a bit overtired we treat the condition lightly. We do not give it a moment's thought beyond perhaps a sigh of vexation or self-pity.

DANGERS OF OVERFATIGUE

"If it is easily convenient to rest we may take the rest, but usually we 'keep right on' with our duties or pleasures. Many even deem it a sign of strong character not to pay any attention to feeling tired.

"Sometimes it is indeed a fine thing to keep right on going in spite of fatigue, but I insist that the cases when this is necessary are few and far between even in the busiest lives.

"A prominent doctor has said that nature always gives us her warning against physical and nervous overstrain. In most cases of falling ill or into recognized low nervous states the remedy has become ours simply and solely because we did not hearken to nature's warning.

"When we get a bit overtired nature is warning us of overstrain. How can we, when our own life and our life of service for others has such need of our unimpaired vigor of body and mind, turn a deaf ear to the warning?

"There is absolutely no virtue, no pluck in doing this save in the rarest cases, and even in such cases one should not turn a deaf ear but should make every effort toward seizing upon the very first opportunity for recuperative measures, which, if one is determined, will often present themselves in utterly unanticipated ways and at quite unexpected moments.

"It is when we are overtired that we are susceptible to colds. Most cases of grip start in this way. Disorders of digestion fasten upon us because we are tired out. In normal vigorous trim we are practically germproof. Overtired we just invite germs to come and do their devastating work.

"It is when we are overtired, too, that our point of view toward life becomes depressed. We dwell upon the blue side of things rather than upon the bright side; think of our imagined

enemies rather than of our friends; see the faults in our dear ones rather than their virtues. Our judgment is not good then. Our work does not go well. "As all this is true of the overtired state it is not the same, reasonable course to take proper means to overcome weariness when we are first conscious of it? Do not let it develop from just being a bit tired into being very tired!

"I place the 'cat nap' high upon my cures for weariness. It is a desperate state of affairs indeed when we cannot take one of these tiny rests that do such wonders toward dispelling fatigue. When you sense bodily fatigue or nervous strain go to your room, darken it and lie down for ten minutes. Resolutely bar worry from your mind. Smooth yourself out. It can be done. I get through my busy housekeeper's day with cat naps and feel vigorous at its end.

"Often all that we need to rest us is a complete change of thought. Leave your toil to sit down for a quarter of an hour with some absorbing book. Sit at ease and read as though you had all the leisure in the world. You leave your book refreshed in mind and body.

"A vast proportion of the work we women do does not call for the energy and worry we put into it. Any little device that we can invent to teach us to treat lightly work that can be treated so is just that much gain toward keeping from getting tired.

"Yesterday I had a knotty lot of household accounts to bring up to date. While at the work I felt myself getting tired. Instantly I said to myself, 'This will never do! I determined upon half an hour's resting up. I bathed my face and eyes in warm water. Then seating myself in a comfortable chair I undid my hair and gave it a long brushing. What a sense of refreshment this gave! After that I called up a friend on the telephone and had a jolly chat with her.'

MAN TROUBLED FOR TWO YEARS

Men and women should not suffer from backache, rheumatic pain, stiff joints and swollen, sore muscles, when relief can be easily had. James McCrory, Berrien Center, Mich., says he was troubled with kidney and bladder trouble for two years; would have to get up several times during the night and had pains across his kidneys. He used several kinds of medicine with out relief, but Foley Kidney Pills cured him. Many such letters, come every day from all parts of the country. A. R. McIntyre Drug Co.—Advertisement.

Almost 40 per cent of the diamond workers in Holland are out of work.

GEORGE MUELLER TO HANDLE BAKERIES

SALT LAKE CITY, Nov. 22.—George Mueller, president of a local baking company, has been appointed Utah's representative of the war emergency council of the baking industry of the country, according to word received here yesterday. The appointment came from the emergency council named at a recent convention of the National Association of Bakers.

THE SIGNS
"Miss Gladys got no fewer than six gold headed umbrellas for birthday presents."
"She must be something of a reigning belle."—Baltimore American.

HOUSEHOLD HINTS

MENU HINT
Breakfast
Fruit
Oatmeal
Toast
Top Milk
Nut Butter
Coffee
Luncheon
Scalloped Oysters
Jellied Philadelphia Relish Rolls
Tea
Dinner
Baker Hash (leftover meat)
Creamed Kohl Rabi
Rolls (reheated)
Whipped Cream
Stewed Pears
Coffee

THE TABLE
Codfish Balls—Put fish in cold water, set on back of stove; when water gets hot, pour off and put on cold again until fish is fresh enough; then pick it apart. Boil potatoes and mash them; mix fish and potatoes together while potatoes are hot, taking two-thirds potatoes and one-third fish. Put in plenty of butter; make into balls and fry in plenty of lard. Have lard hot before putting in balls.

TO CLEAN FINE LACE
Spread the lace out on paper, cover it with calcined magnesite, place another paper over it and put away between the leaves of a heavy book for two or three days. Shake off powder and the lace will be fresh and clean as new.



When assisting a lady in or out of a carriage or automobile, a gentleman should protect her skirts from the wheel or mud guard.

Questions answered by Alicia Hoyt. (Miss Hoyt will answer in this column all questions on matters of etiquette addressed to her in care of this paper. If a personal answer is desired enclose a 2-cent stamp.)

Paula: A girl about to be married may show her pretty clothes and linens to her friends and her mother's friends if she wishes to do so. In fact, it is usually done. It would be very nice for you and your mother to ask your most intimate friends in informally some afternoon, two or three weeks before the wedding, for this inspection. You might have the things laid out in the upstairs room, and give the ladies some tea before they depart. Yes, engagement gifts are often presented; and a tea-cup and saucer is for some reason considered the most suitable gift for this occasion.

B. V.: When you bring a young lady into a room where there are several people who are strangers to her, you should introduce her to the hostess first, and then to the other ladies present, before you present the gentlemen to her. Of course if there are so many persons in the room that this order would be awkward, you may introduce them as they happen to come.

RESTAURANT MEN FOR CONSERVATION

At a meeting of the restaurant men of the city yesterday afternoon, a permanent organization, known as the Restaurant Conservation Society, was organized. The purpose of this association, as the name implies, is to conserve food during the period of the war. Angus Kennedy is the president, and David Mattson is secretary and treasurer. The meeting yesterday was held in the Stimson cafe.

After a discussion of the meatless and wheatless day held this week, it was discovered that in several instances the days were not observed. For instance, crackers were served with soup. It was decided to eliminate these. In some instances a substitute of "war bread" was provided but other cafes made no provision for a substitute. It was also reported that certain soda fountains in the city served white bread on the wheatless day. The attention of the owners of these places will be called to the infraction of the rules and the rules will be strictly enforced in the future.

It was also noticed that certain places served chili on "Meatless Tuesday," and, as this contains meat, it will not be possible to partake of this dainty on Tuesdays hereafter. "The restaurant men's organization is purely one to handle problems in connection with food conservation," said Angus Kennedy last evening. "It will take no action, formally or informally, as to prices. That is a question for the individual restaurant man to settle. Some places give special service for which they charge more, some provide the very minimum of service and they can charge less. Others range in between. Convenience of location, quality of foods and such things all enter into the prices that are made, so each restaurant man ought to set his own scale. However, we have found that there are many places where the restaurant men can solve by getting together, particularly as to food conservation under government plans."

TRAIN YOUR HAIR AS AN ACTRESS DOES

No class of people devotes as much time to beauty as do actresses, and no class must be more careful to retain and develop their charms. In inquiry develops the information that in hair care they find it dangerous to shampoo with any makeshift hair cleanser. The majority say that to have the best hair wash and scalp stimulator at a cost of about 3 cents, one need only get a package of canthar from your druggist; dissolve a teaspoonful in a cup of hot water and your shampoo is ready. This makes enough shampoo liquid to apply it to all the hair instead of just the top of the head. After its use the hair dries rapidly, with uniform color. Dandruff, excess oil and dirt are quickly dissolved and entirely disappear when you rinse the hair. After this your hair will be so fluffy that it will look much heavier than it is. Its luster and softness will also delight you, while the stimulated scalp gains the health which insures hair growth.—Advertisement.

OGDEN MASONS AT ANNUAL REUNION

Ogden Masons assisted in the observation yesterday and last evening of the ceremonies connected with the thirtieth annual reunion of the Scottish Rite Freemasonry in the Masonic temple in Salt Lake. The Masons from Ogden assisted in the conferring of the twenty-second and twenty-seventh degree on a class of Masons. The day was spent in the conferring of degrees and transaction of business and ended with a lunch at night.

The reunion will close today with the most impressive services of the whole order, that of conferring the thirty-second degree, Master of the Royal Secret. The thirtieth and thirty-first degrees were conferred this morning. The Ogden men, in conferring the twenty-second to twenty-seventh degrees, were assisted by Frank A. Dodge and included the following: Frank Adrian Dodge, George Albion Dickson, Charles Hanford Kendall, Styles Winter Wherry, George Johnson Kelly, Frederic William Easton, Henry Rosenbluth, Robert Stephen Joyce, William Henry Watts, Alexander Rankin McIntyre, Elmer Isaac Goshen.

From Ogden they were to go to Logan to inspect the power plant in Logan canyon. Then they were to go to Preston, Idaho, through the Bear River canyon to the Oneida plant, then to Montpelier, Idaho, to see the big pumping plant at Bear Lake. The party will return to Salt Lake City the last of the week by way of Evanston, Wyo.

NEWSPAPER MEN ON A TRIP NORTH

Five newspapermen from Salt Lake visited Ogden yesterday for a short time while on their way to visit the properties of the Utah Power & Light company. In the party were L. S. Gillham of the Gillham Advertising company, Forest Lowry of the Tribune, George W. Pyper of the Herald-Republic, Ben E. Roberts of the Deseret Evening News and K. N. Grier of the Telegram.

Denmead has a permanent industrial arbitration court to settle labor disputes.

Young Women

Are Told How to Find Relief from Pain.

Nashua, N. H.—"I am nineteen years old and every month for two years I had such pains that I would often faint and have to leave school. I had such pain I did not know what to do with myself and tried so many remedies that were of no use. I read about Lydia E. Pinkham's Vegetable Compound in the newspapers and decided to try it, and that is how I found relief from pain and feel so much better than I used to. When I hear of any girl suffering as I did I tell them how Lydia E. Pinkham's Vegetable Compound helped me."—DELINA MARTIN, 29 Bowers Street, Nashua, N. H.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and is, therefore,

THE PERFECTLY SAFE REMEDY

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

GOVERNMENT TO OPERATE ROADS

WASHINGTON, Nov. 21.—In a brief submitted to the interstate commerce commission today in the 15 per cent advance freight rate case, Clifford Thorne, leading counsel for the shippers, suggests that the commission recommend that the government take over the operation of the railroads for the duration of the war.

Mr. Thorne pointed to the fact that Frank A. Vanderlip, New York banker, testified that he believed the rate increase would act only as a poultice and not cure the railroad's trouble and to the statement of Samuel Rea, president of the Pennsylvania railroad, that he did not believe the roads should attempt large bond flotations when the government was putting out loans.

After asking that, if the government can buy several hundred million dollars worth of cars and engines for France and Russia "why can't she buy some cars and engines for American railroads," Mr. Thorne said:

"If our government takes over the operation of the railroads for the period of the war and guarantees the dividends that were paid during the pre-war period, we should be entitled to the profits over and above those dividends for we will be substituting a government bond, in effect, for a railroad stock. In surplus this would mean an earning that would go to the government of approximately \$100,000,000 annually in official classification territory alone."

EAGLES HOLD A MEETING AT HALL

Members of the Eagles lodge gathered last night at the hall on Grant avenue for a general meeting. The recent action of the trustees of the lodge in throwing open the Eagles' gymnasium to the public was enthusiastically ratified by the members. C. E. Carline, W. P., announced that an instructor would probably be added to the gymnasium next month so that regular instruction might be given. About forty people have joined the gymnasium and applications have been received from 100 more. He announced President Johnson of the Boise, Idaho, lodge was present and made a short address, urging them to support their officers for the upbuilding of the order and telling of the work in the Idaho city. The weekly dance of the aerie will be given tonight in the ballroom.

D. & R. G. AGENTS

Nearly a score of Utah station agents of the Denver & Rio Grande and the Rio Grande Southern railroads have been awarded places on the hon-

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THE DIAMOND BRAND
Ladies! Ask your Druggist for Chichester's Diamond Brand Pills in Red and Gold Metallic Boxes, sealed with Blue Ribbon. Take no other. Buy of your Druggist or of CHICHESTER'S PILLS, 15, Bedford Square, London, W. 1. Sold by DRUGGISTS EVERYWHERE.

or roll of the roads for October. The names of the agents who reported receipts of \$500 or more for the month, published in the honor roll list of the Rio Grande Service Gazette, are: M. Bradley, Moroni; H. Harman, Price; C. A. Storrs, Richfield; O. G. Davis, Marysville; C. E. Eggertson, Provo; G. C. Stanton, Colton; J. F. Geslin, Thompsons; C. H. Funk, Sunnyside; M. W. Bird, Springville; E. R. McFadden; Thistle; W. C. Howe and D. C. Felt, Salt Lake; A. O. Allison, Manti;

Fred Rasmussen, Mount Pleasant; A. A. Tyree, Heber City; V. A. Tompkins, Green River; F. Fouts, Ogden.

HER DISCOVERY.

"You have a model husband," said the lady who was congratulating the bride.
The next day the bride bethought her to look up the word "model" in the dictionary and this is what she found: "Model—A small imitation of the real thing."—Exchange.

You Need Chiropractic

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FIRST ANNIVERSARY SALE Starts Next Monday

Just one year ago this company opened its beautiful new store at Twenty-fifth street and Washington avenue. The anniversary of this remarkable opening day will be marked by the starting of Marshall's First Anniversary Sale.

The completeness of our stock, the wonderful collection of suitable gifts for Thanksgiving and Christmas time, will certainly please you. Watch the papers for details regarding Marshall's First Anniversary Sale.

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